

Minuteman Senior Services

June 2022



Meals on Wheels Menu

Menu subject to change without notice.

All soups served with crackers.

All meals include 2% milk.

Donation: \$2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE		1 Lentil Bolognese Cavatappi Pasta Carrots Wheat Bread Dessert of the Day	2 Roast Pork With Herb Gravy Mashed Potatoes Broccoli & Cauliflower Multigrain Bread Dessert of the Day	3 Chicken Meatballs With Cacciatore Sauce Penne Pasta Italian Veg Blend Italian Bread Dessert of the Day
6 BBQ Pulled Chicken Creamed Corn Broccoli Dinner Roll Dessert of the Day	7 Breaded Cod Tartar Sauce Mashed Sweet Potato Capri Veg Blend Multigrain Bread Dessert of the Day	8 Chicken & Sausage Paella Spinach Wheat Dinner Roll Dessert of the Day	9 Macaroni & Cheese Stewed Tomatoes Multigrain Bread Dessert of the Day Diet Dessert	10 Roast Pork With Apple Cran Compote Red Potatoes Carrots Wheat Bread Dessert of the Day
13 Sloppy Joe Potato Wedges Mixed Vegetables Hamburger Roll Dessert of the Day	14 Grilled Chicken With Apricot Glaze Wild Rice Pilaf Broccoli Au Gratin Wheat Bread Dessert of the Day	15 <u>SPECIAL</u> Beef Tips With Bourbon Sauce Macaroni and Cheese Zucchini & Squash Dinner Roll Dessert of the Day Diet Dessert	16 Meatloaf With Onion Gravy Sour Cream & Chive Mashed Potatoes California Veg Blend Multigrain Bread Dessert of the Day	17 Beef and Pork Hot Dog Baked Beans Corn Hot Dog Bun Dessert of the Day
20 Juneteenth Holiday No Meals Served 	21 Meatballs with Stroganoff Sauce Egg Noodles Italian Green Beans Wheat Bread Dessert of the Day	22 Grilled Chicken With Mediterranean Sauce Orzo Pilaf with Spinach Green Peas Multigrain Bread Dessert of the Day	23 Breaded Cod with Cheese Sandwich Tartar Sauce Sweet Potato Tots Scandinavian Veg Blend Hamburger Bun Dessert of the Day	24 Broccoli & Cheese Stuffed Chicken Bread Stuffing Carrots Wheat Dinner Roll Dessert of the Day
27 Spinach and Feta Egg Bake Home Fries Stewed Tomatoes Wheat Bread Dessert of the Day Diet Dessert	28 Sweet n' Sour Chicken White Rice Asian Veg Blend Multigrain Bread Dessert of the Day	29 Beef and Lentil Chili Brown Rice California Veg Blend Wheat Bread Dessert of the Day	30 Breaded Chicken Drumstick Mashed Sweet Potato Cauliflower Multigrain Bread Dessert of the Day	For weather emergencies and cancellations, please check Fox 25 TV station
Acton: 781-221-7098 Arlington Senior Ctr.: 781-221-7099 Arlington Heights: 781-221-7081 Burlington: 781-221-7094		Harvard: 978-456-4120 Littleton: 781-325-7879 Stow: 781-221-7048 Woburn: 781-221-7084		For questions about the nutritional information in this menu or your nutritional needs, contact: Catherine York MPH, RD, LDN 781-221-7018 or 1-888-222-6171 x7018

This program is made possible in part by funding from Executive Office of Elder Affairs.

Entrees that contain more than 500mg sodium are designated by an *.